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ABSTRACT

Most parents have two goals that seem at odds: (1) getting their teens to behave in the right way, and (2) continuing a good relationship with their teen. To maintain a good relationship, while also continuing some control, steps need to be followed that lead to expanding independence for teens. The steps can build teens' self confidence and provide opportunities for teens to practice good behaviors; these steps must also allow parents to praise, encourage, and like their teens. The goal of the ten steps offered here are to raise a teenager to become a competent adult, to have all the family members enjoy being a family, and for all to remain close friends when the job is done. The ten steps are as follows: (1) Communicate in positive ways; (2) Choose specific behaviors you can influence; (3) Be realistic about what your teen can do; (4) Practice alternatives to punishment; (5) Support family rules with social and concrete incentives; (6) Encourage self-esteem and success for both sexes; (7) Help teens to be useful early; (8) Coach teens about school, social, and sexual behaviors; (9) Protect your feelings and your rights; and (10) Give special attention to habits concerning alcohol, drugs, and cars. (Includes a topical bibliography and an index.) (RJM)

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